



Connecting

Creating A New Mental Health Service Delivery System for Our City

June 2005

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*Message from the Director
Martha B. Knisley*

FY 2006 Budget

We have very good news on the budget front. The District Council approved our budget supporting the Mayor's request for an additional \$1,040,000 to complete the implementation of our acute care initiative, \$2.5 million to continue the support of new services for children and youth in the foster care system and an additional \$5.5 million in local funding to replace federal funds that Saint Elizabeths can no longer collect. We appreciate the Mayor's continued support of our initiatives and hard work. Council also asked that we redirect funds within our existing budget to shift: 1. \$1.5 million to provide mental health services to Child and Family Service Agency children and youth; 2. \$1.3 million to expand the School Mental Health Program; 3. \$1.5 million serve adults in the criminal justice system; and 4. \$1 million to supportive housing. We are pleased with these changes. We will be working very hard over the summer to plan these shifts to become effective October 1, 2005.



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St. Elizabeths Hospital Celebrates Civil War History



St. Elizabeths Hospital took a step back in time to the Civil War during a two-day living-history celebration in honor of the hospital's 150th anniversary on Saturday, June 11 and Sunday, June 12. The historic St. Elizabeths Hospital was the site of the "Living History of Civil War Medicine" where reenactors brought this significant period back to life.

"St. Elizabeths has served the District continuously for 150 years. We're proud of our legacy and this celebration provided live demonstrations of the hospital's significant contributions during the Civil War era," said **Martha B. Knisley, Director of the DC Department of Mental Health.**

St. Elizabeths Hospital Chief Executive Officer Joy Holland said, "We were very excited to share our beautiful campus with the community. It was a

special treat to experience life the way it was in this period," she added.

The historic 54th Massachusetts Infantry, the African American Civil War Museum, the Smithsonian Anacostia Museum and the National Park Service participated in the event.

The weekend's events were exceptional for their fidelity to the Civil War period. Every aspect of life was true to the 1860s, including clothing worn by the military and civilian adults and children; the church service and concert featuring Negro spirituals, which evoked images of the time; and the field hospital, where Civil War surgical techniques were demonstrated.

Sunday's Memorial Service at the Civil War Cemetery was a moving tribute to the fallen soldiers and sailors, black and white, Union and Confederate, who are buried there.

We Are Under Construction at St. Elizabeths!



Earth-moving equipment to be used in this first phase of construction.

This month marked the beginning of the first construction project that ultimately will lead to the new hospital building. Forney Enterprises, Inc. began the early roads and utilities project to create the road to the new hospital and move the utilities. Forney Enterprises, a certified Local, Small, Disadvantaged Business Enterprise, was awarded this \$2 million contract earlier this year.

It's Graduation Time

Once again, we want to celebrate the hard work of DMH employees and their children who are graduating this year from high school, college and professional schools. Please send to Gina Douglas, at gina.douglas@dc.gov, the following information that will appear in an upcoming issue of DMH Connecting: DMH employee's name, school, and degree awarded and if the graduate is the child of a DMH employee, please include the child's name and relationship.

Assisting Consumers with Lutheran Social Services

Since Lutheran Social Services (LSS) recently announced its intention to discontinue as a Core Service Agency, DMH has assigned a full-time staff person to oversee the development and implementation of an adequate phase down plan. In addition, DMH is working with LSS case workers and consumers to ensure continuity of care as the consumers transition to a new Core Service Agency.

Consumers who receive services from LSS, should coordinate with their case worker on the assignment of a new mental health service provider.

The telephone number to LSS is 202-723-3000. Consumers can also request a change in choosing their provider through the DMH 24-hour Access Helpline at 1-888-7WE-HELP (1-888-793-4357).

DCCSA Salutes Consumers' Recovery and Resilience

The DC Community Services Agency conducted a very moving celebration of consumers' achieving their recovery and resilience goals at its second annual awards and recognition dinner and ceremony, May 19 at the Washington Navy Year Conference Center. This year's theme – "Rising Against All Odds, A Celebration of Life" – was echoed in the emotional journeys related in consumers' recovery stories and the remarks of keynote speaker, Adrian Greene, president of the National Alliance for the Mentally Ill, DC.

Consumers of all ages and the family members who support their goals received trophies and plaques as symbols of their accomplishments.

Tiffany Jenkins, daughter of Leola Jenkins, director of the DCCSA Northwest Child and Family Community Support Center, is ending her reign as Miss Maryland 2004. She has promoted cancer awareness and her final event was the June 4 American Cancer Society's Relay for Life.

We were uplifted by the hope expressed by the award winners that their work will continue. We were proud as **DCCSA CEO Juanita Price** read the proclamation in honor of St. Elizabeths' 150th anniversary. More than anything, we were united as a community focused on recovery and resilience.

Nomination Deadline Set for July 8 for Employee Awards Program

The 6th Annual **Morris & Gwendolyn Cafritz Foundation Awards Program for Distinguished DC Government Employees** is looking to recognize and reward the best performers in District Government. Five winners will be awarded \$7,500 each.

Nominations are welcome from citizens, community and business stakeholders, civic organizations, and government employees. So nominate someone you know who makes life better for the people of DC. Self-nominations are also encouraged. Nomination forms are available at www.cafritzawards.org and at District government agencies and libraries. The deadline for nominations is July 8, 2005. For more information call 202-994-5385.

Jesse James Price, Sr. — Champion of Mental Health Consumers, Charter Member of DMH Partnership Council

Jesse James Price, Sr. was a larger than life consumer advocate whose untimely death this spring left the mental health community without its most avid champion. Mr. Price filled the room with his energy, his commitment, his devotion to ensuring consumers of mental health services. He was a leader who fought courageously for the rights of consumers. He also was a gentleman of great intelligence and good humor who never strayed from his message of support for consumers' recovery and resilience. As his dear friend, Nancy Lee Head, said, "He worked tirelessly toward his own recovery goals and was very open about his mental illness."



The DC Department of Mental Health is the beneficiary of his dedication to ensuring the District's public mental health system achieved its goal of a community-based network of care for children, youth, adults and their families. First of all, Mr. Price was on the team that drafted the legislation creating DMH and its pioneering grievance program. He promoted introducing peer specialist training.

As a charter member of the DMH Partnership Council and its former Vice Chair, he advised DMH Director Martha B. Knisley and her staff about budget and program issues. "I valued his counsel and I knew whenever he said, 'Now, Marti, . . .', Mr. Price was about share his insights with me," she said. "I will miss those conversations because they contained his essence as a force fighting for every consumer."

An example of Mr. Price's courage was his 2004 bid to unseat the long-term Ward 2 DC Council incumbent, Jack Evans. Despite the odds, including running as a Republican in an overwhelmingly Democrat ward, Mr. Price more than 2,000 votes and came in second to Mr. Evans.

Mr. Price was a founder and two-term president of the DC Consumers League. He was a member of NAMI DC where he taught in the provider education program. He served as the finance committee chair of the Mayor's Committee for Persons with Disabilities and was a member of the Mayor's Health Policy Council representing mental health interests.

A Howard University graduate, with a Bachelor of Science in Electrical Engineering, Mr. Price was pursuing a Master's of Health Services Administration at Strayer University at the time of his death.

Mr. Price was an active member of All Souls Unitarian Church for many years. The congregation held a memorial service for him June 11.

DMH Improves Psychiatric Examinations of Civilly Committed Individuals

DMH has improved psychiatric examinations of civilly committed individuals according to an audit conducted by the Office of the Inspector General (OIG). The audit results are summarized in the April 12, 2005, final report titled *Audit of the Department of Mental Health's Compliance with Periodic Psychiatric Examination Requirements* (OIG 04-2-06RM). This positive audit is a result of the hard work of the **Office of Consumer and Family Affairs**.

"We are delighted with the findings of the Office of the Inspector General. Since 2000, the District's public mental health system has been dramatically transformed and this report confirms how we have improved," said **DMH Director Martha B. Knisley**. "We're still a young agency but we have made significant strides to better serve consumers."

DMH accomplished the following actions with respect to periodic exams of civilly committed individuals:

- Creation and implementation of Policy 303.1 Psychiatric Examinations in July 2002.
- Began the procurement process for an information system to monitor the function in November 2003.
- Finalization of the most complete and accurate listing to date of committed consumers in February 2004.
- Creation of an information package for implementing exams for all providers in January 2004.
- Inclusion of staff from the Office of Consumer and Family Affairs in the monthly

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Ivy McKinley, Robert Smith, Human Resources; Frances Priester, Paul Washington, Sharon White, Office of Consumer and Family Affairs; Gayle Kamen, and Evelyn Lyles, Revella Russell DCCSA, held a job fair for consumers at the Disabled American Veterans Headquarters, April 5.

What's Up DMH?



LaSean Atkinson, MHA, and Yvonne Smith, Office of Consumer and Family Affairs, participated in the health fair at Takoma Park Baptist Church, April 23.

Gina Douglas, Public Affairs; Debra Lopez, St. Elizabeths Hospital Chaplaincy Program; and Joyce White, DC CINGS, provided information to participants at the DC Baptist Convention Conference, April 23.

Louisa Buadoo-Amoa, Human Resources, represented DMH at the Office of Latino Affairs Job Fair at the Martin Luther King Library, April 25.

Toni Charlene Manning, Peer Recovery Specialist Program, disseminated mental health information to participants at the "Spring into Health" Fair at the Department of Parks and Recreation Center Therapeutic Recreation Services Branch, April 30.

Louisa Buadoo-Amoa, MHA Human Resources, represented DMH at the Maryland Congressman Albert Wynn's Job Fair at the PG County Sports and Learning Center, May 2.

Sheila Higginbotham, DCCSA, was a panelist at the May 5 panel discussion on seniors and depression sponsored by Advisory Neighborhood Commissioner Cleopatra Jones.

Sharon White, Office of Consumer and Family Affairs, and Yvonne Stearns, DCCSA, represented DMH at the Veterans Affairs Medical Center, May 5.

LaSean Atkinson, MHA; Gina Douglas, Public Affairs; and Patrice Ferris, Office of Accountability, shared mental health information with homeless families at DC Village, May 7.

LaSean Atkinson, MHA; Gina Douglas, Public Affairs; and Pat Morris, DCCSA, helped celebrate the Office on Aging's annual Senior's Day at the DC Armory, May 12.

LaSean Atkinson, MHA; Alstephenos Boone, Office of Consumer and Family Affairs; Silvia Charity, Peer Recovery Specialist; Janice Davis and Geraldine Gilchrist, Office of Accountability; and Gina Douglas, Public Affairs, participated in the ABC 7 Family Caregiver Expo at the Washington Convention Center, May 13 and May 14.

Olga Acosta, School Mental Health Program, discussed best practices at the "Grief and Loss in Children" clinical session at GW University, May 16.

Paul Washington participated in the Ward 5 Core Team activity in Ft. Lincoln on May 26.

Orin Howard, School Mental Health, received an award for outstanding service in Ward 7 during a program at St. Luke's Catholic Church on June 3.

Special Juneteenth Guest Lecture

DC Councilmember Vincent Gray (D-Ward 7) and Kevin Washington, Ph.D. were the featured speakers at a June lecture commemorating the 140th Juneteenth anniversary. Dr. Washington, President, DC Chapter of the Association of Black Psychologists, examined post-traumatic stress from slavery and its impact on African Americans today. The DMH Training Institute. Sponsored the lecture. Juneteenth celebrates June 19, 1865, when the last American slaves were freed.

OIG Report Continued from page 3

clinical directors' meeting to facilitate communication and monitoring of exams beginning March 2004.

In the final audit report, Austin A. Andersen, Interim Inspector General, said of DMH "We appreciate the cooperation and courtesies extended to our staff during the audit. The report further states that, "DMH aggressively addressed our recommendations to ensure mental healthcare providers were complying with statutory requirements relating to civilly committed consumers receiving timely examinations."

The audit was initiated as a result of an internal referral from the Assistant Inspector General for Investigations. The objective of the audit was to determine whether the psychiatric examinations were performed every 90 days as required by law.

Welcome to New DMH Employees

Nancy Ellen Ingraham
Youth Mental Health Needs Assessment

Winston M. Clarke
Youth Mental Health Needs Assessment

Carla Sharon Perkins
Youth Mental Health Needs Assessment

Modupe Ade Olaniyan
Youth Mental Health Needs Assessment

Wanda M. Jones
Human Resources Specialist

Carolyn L. Watson
Clerk Typing

Humaira R. Ali
Medical Officer GP

Tosha A. Cornish
Psych Nursing Assistant

Adrian J. Turner
Psych Nursing Assistant

Juliet Gabondo
Psych Practical Nurse

Edna Bi. Tunyi
Psych Practical Nurse

Janine T. Myers
Psych Nursing Assistant

Lakisha M. King
Psychiatric Nurse

William Martin Clark
Key Family Contact



M was a 10-year-old boy when he arrived at the beginning of the school year. This was his fourth school. He had been expelled from school at least once, and the reason for leaving the other two schools was unclear.

The school mental health clinician met M and his mother after the boy was involved in a violent event that resulted in a one-day suspension. The incident started when, while in a heated verbal argument with a girl, she pushed him. M quickly threw the girl against the wall and banged her head on the wall. The principal rushed to stop him. Fortunately, the girl did not sustain an injury.

M's violent behavior was a known problem in school. He was involved in fights on a weekly basis. M would be provoked physically by a peer and then immediately retaliate excessively. It is important to mention that M is relatively small in stature and, in many cases, the peer he ended up hurting was bigger and stronger than him.

The principal was specifically alarmed with respect to the last incident as M appeared quite calm and in control soon after she terminated the fight. She was concerned about M's future in school unless his behavior significantly improved. The principal believed M's behavior might be a serious risk to his peers. Forceful intervention was needed.

After the intake interview with M and his mother, the clinician spoke with his current teacher, his previous teacher and the principal. Based on these interviews, the clinician was able to target a couple of major challenges to the success of any intervention.

The first was M's mother, Ms. T. The mother largely denied his problem and attributed his difficulties to the society's problem "dealing with assertive young black men." Although resistant, Ms. T agreed that her son would start therapy. She attributed his behavior to the environment and to prove her point Ms. T would conduct "private investigations" of any incident involving her son. She would "consult" his classmates, attempting to collect evidence that would minimize her son's responsibility.

An additional challenge came from his current teacher. M had a good relationship with his former teacher. However, because of his higher academic level, M was transferred to a class taught by Ms. W who did not hide her reservations about having him in her class. "He does not know how to be a member of an ensemble and I work with my students as an ensemble," she told the clinician.

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**The Saint
Elizabeth
Hospital
Sesquicentennial
Calendar of**



Historic 19th & 20th
Century Hospital Photographs are
available for a donation of \$10.00.
Make checks payable to: **Medical
and Professional Society of Saint
Elizabeths Hospital.**

This Limited Edition Calendar is
on display at the reception area on
the 4th floor of 64 New York
Avenue. For more information call
LaSean Atkinson at 673-2200 or
Vicki Whitfield 671-3277. Copies
are also available from Evone
Butler at the hospital. For more
information, call Ms. Bulter on
202-645-8647.

**THE 5TH ANNUAL
JUDGE AUBREY E.
ROBINSON, JR. MEMORIAL
MENTAL HEALTH CONFERENCE**

The 2005 conference will focus
on resiliency and recovery dur-
ing:

- Child/Youth Transitions,
Adult/Older Adult Transi-
tions, and
- Cultural Transitions.

The conference will be held
September 16, 2005 from
8:00 am until 4:00 pm at the
Renaissance Hotel at 999 9th
Street, NW. For more informa-
tion contact Juanita Reeves at
(202) 673-7597 or
juanita.reaves@dc.gov

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School Mental Health Program Publishes Preliminary Findings

The School Mental Health Program, directed by **Olga Acosta Price, Ph.D.**, recently published a draft report of its preliminary findings for 2000-2005, for the 29 public and public charter schools where it operates. The data confirm that SMHP clinicians are making schools safer and giving children, youth and their families the support needed for successful learning. The SMHP also has received strong approval ratings from school officials for its work in these schools; and within the community, child advocates routinely point to the SMHP as a program that works well. For an electronic copy of the draft report, please click on olga.Acosta@dc.gov. The final report will be published after collecting and analyzing data for the 2004-2005 school year.

St. Elizabeths' 150th Celebration Continues


Last month, May 5 and 6, St. Elizabeths Hospital and the American Psychiatric Association sponsored a hugely successful educational symposium at the Washington Convention Center, attracting several hundred people devoted to defining "The Role of the Public Psychiatric Hospital in the 21st Century."

If you couldn't attend, don't despair. Audio tapes of individual or all the sessions are available by contacting The Digital Record, Inc. at 1-800-338-2111 or www.digitalrecord.org.

DC CINGS Celebrated Mental Health Month with Fun Fair & Basketball

DC CINGS hosted a successful Fun Fair, May 14, at Emery Recreation Center, attracting a crowd with games, hand dancing, a moon bounce, refreshments, and balloon sculptures.

I am happy to report that this year's DC CINGS Youth versus Adults Basketball Game, May 19, at the Sherwood Recreation Center, was spirited, without injury and the adults, coached by **Alstephenos Boone, Office of Consumer and Family Affairs**, stayed close until a last minute burst of energy led to a 66-54 win by the youth who were coached by DC CINGS' Marty Clark. I want to congratulate all the players, including **Orin Howard, School Mental Health Program; Jendayo Grady, Office of Policy and Programs; Carroll Ward, Office of Accountability; Larry Ethridge, Office of Administrative Services; Joaquin Williams, Slam Your Stress; and George Solomon, volunteer**, who did their best to keep it respectable.

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HOSPITAL** has new books
available. For more information
call 202-645-7379 or email the
library at seh.library@dc.gov

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School Mental Health Success Story

Despite these challenges, the clinician identified a few reasons for hope. M was not happy or proud of his behavior, and he recognized and accepted that his behavior caused him to get in trouble. Another rather encouraging sign was his tearful and emotional presentation when, during intake, the very recent loss of his beloved pet was mentioned. It encouraged the clinician to believe that M was neither emotionally detached nor anti-social, rather his maladaptive, violent behavior was a result of workable emotional disturbance. In other words, poor regulation of emotions is a better prognosis than apparent absence of them.

The clinician recommended that the principal make it very clear to M's mother that her independent inquiries were highly counterproductive. She was encouraged to acknowledge that the staff at the school was on her son's side and looking for ways to help him be more successful in the school environment.

Soon after beginning to work with M, the clinician determined that many of the violent incidents happened during recess before lunchtime and that M sometimes missed breakfast. The clinician instructed the mother to provide him with a pre-lunch snack and the teacher was to ensure that he ate something before he left for recess. M was taught how impaired judgment might be linked to a hungry body.

The clinician's first initiative was to help M to increase his ability to feel in control, such as during recess, by working on ways to remember to monitor his behavior and notice when he began to lose control over his angry feelings.

M and the clinician reviewed how five-time Tour de France winner, Lance Armstrong's discipline and hard work led him to overcome. M received a yellow "livestrong" bracelet to wear before leaving class for recess to help him remember he can control his behavior.

The principal and clinician provided another type of incentive: a call to his mother to praise him for a "fighting-free" week. M was highly motivated and proud of earning this reward.

Over the four months of working with the clinician, M was involved in only one minor incident that ended with a warning. M's name is no longer synonymous with "problem child," and his teacher said, "It is much easier and nicer to have him in my studio."

"Recovery D.C." Partners for Recovery For Consumers, Families, Providers & Advocates

W.R.A.P. (Wellness Recovery Action Plan) Training

More than 240 consumers, including about 100 who are St. Elizabeths Hospital patients, attended the recent adult recovery forum where they were trained to use the necessary tools for self-managing their symptoms and reclaiming their lives.

In the past decade thousands of people have claimed their own recovery using W.R.A.P. (Wellness Recovery Action Plan). On Tuesday, June 28, **Yvonne Z. Smith**, a master level W.R.A.P. trainer led the morning discussion on the following W.R.A.P. topics:

- Recovery concepts
- Medical issues
- Medication management
- Wellness toolbox
- Action plans
- Crisis planning
- Post-crisis planning

"The most exciting aspect of the training was the interaction among consumers," said Ms. Smith. The training was held at Gallaudet University at 8th St. and Florida Ave., NE. There will be opportunities to sign up for future W.R.A.P. training.